



ARIZONA OFFICE OF
**PROBLEM
GAMBLING**

Teens and Problem Gambling

Most young people don't consider themselves "gamblers." Yet most of today's teens have been gambling for years—not the way adults gamble at bingo halls, race tracks or casinos—but through casual betting with friends or family.

What is gambling?

Gambling is "the act of risking money or something else of value on an activity with an uncertain outcome."

Playing cards or video games for money, buying raffle tickets, betting on who's going to win the next game of pool, or wagering your favorite CD on the outcome of a sports event—it's all gambling.

What is problem gambling?

Problem gambling is any gambling behavior that has a bad effect on your life or the lives of people close to you: parents, brothers and sisters or your friends.

If your gambling is causing you to fall behind on your schoolwork, have arguments with family or friends, or worry about money you have lost, it is considered to be "problem gambling."

What are the signs of problem gambling?

People don't usually start out as problem gamblers. Somewhere along the way, the casual bets stop being "just for fun" and begin causing problems. Click here for a list of warning signs that gambling may be getting out of hand.

Our thanks to the Oregon Dept. of Health for permission to adapt their materials on youth poker.

**For free confidential information and referral
regarding a gambling problem, call
1.800.NEXT.STEP (1.800.639.8783) or
www.problemgambling.az.gov**